Indiana Healthy Schools Newsletter May 2023 Edition

Mental Health and Bike Month May is Mental Health

Month! This year, **Mental Health America's** theme

is Look Around, Look Within. As humans, our overall health is significantly impacted by our natural and built environment. The places we live, work, play, and congregate all have a powerful influence on our well-being, and it's important to consider their effects on our mental health.



The toolkit includes information about how an individual's environment impacts their mental health, suggestions for making changes to improve and maintain mental well-being, and how to seek help for mental health challenges.

May is National Bike Month, promoted by the **League of**

May is National Bike Month!

American Bicyclists and celebrated in communities from coast to coast! Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more children, communities, and families giving biking a try! There are so many ways to celebrate Bike Month: riding to

and from local parks, in your neighborhood, libraries, and schools are just a few! Bike to Work & School Week - May 15-21

Bike to Work Day is - Friday, May 19

Grant Opportunities



the Youth Adolescent Physical Activity (YAPA) grant application. This one-year grant is focused on providing physical activity and physical education opportunities for youth and adolescents, 6-17 years of age (K-12) in the classroom, school, and before or after school program settings. *Special

Youth Adolescent Physical Activity (YAPA) Grant

consideration will be given to those focusing on health equity and incorporating trauma-informed approaches in their programming. The deadline to apply is May 19 at 5 p.m. EDT. Please see the application for additional details. Healthy Meals Incentives Grants for Small and/or Rural

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) has released

School Food Authorities As part of a cooperative agreement to develop and implement the USDA Food and Nutrition

Service's Healthy Meals Incentives Initiative, Action for Healthy Kids is offering competitive grants (up to \$150,000 per school food authority (SFA)) for small and/or rural school food authorities to support efforts to improve the nutritional quality of their school meals. The deadline for submitting a grant application is May 26 at 5 p.m. EDT. Click here for the application and additional funding details.

School-Age Childcare Grant

The application for School-Age Child Care Grant is now open! Supported by the Indiana Office of Early Childhood and Out-of-School Learning (OECOSL), the School-Age Child Care Project provides grants to public school corporations and non-profit organizations serving school-age children. The grant aims to increase the availability and affordability of high-quality child care for Indiana families. **Public school corporations and non-profit organizations are eligible to apply** if they offer care to

children before or after school or when school is not in session, and if they care for children 5-14 years of age. To apply, log in to I-LEAD and click "Launch the Grant Portal" to start the School-Age Child Care Grant application for your program. Keep in mind you must be designated as a program administrator in I-

LEAD to complete an application. Grant applications are due by May 19.

Playworks Early Childhood Power of Play and Play Based Group Management May 16 - 18, 5:30 - 8 p.m. EDT (virtual)

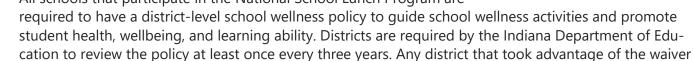
Upcoming Trainings and Events

- **Webinar Trauma Sensitive Coaching &** Mentoring - May 17, Noon—1.p.m. EDT
- **Share, Listen, & Learn Meeting: Indiana Dept. of Health Mental Health Updates**
- May 18, 9:30 –11 a.m. EDT Run in the Summer 5K Run/Walk June 3, 9 a.m. - Noon EDT, Park City

June Summer Camp Opportunity for

- **Educators and High School Students with Autism** - June 5-9, Indianapolis
- **2023 Indiana School Health Network Conference** -June 14-15, Plainfield **Find Your Fit: Grow Your Role and Cultivate**
- Partnerships in the Food System June 21, 10 a.m. 1 p.m. EDT (virtual summit) Save the Date: Indiana Breastfeeding Conference — Aug. 1 at the Embassy Suites Noblesville





cy reviews at no cost using the WellSAT 3.0 scoring tool to assess your policy's content and strength while also highlighting areas for improvement. Please contact Jenna Sperry at jsperry@health.in.gov or Emma Smythe at esmythe@health.in.gov for more details.

enter for a chance to win park swag!

Project AWARE Goes to the Park During the month of May, Hoosier students and families can prioritize their mental wellness by participating in Project AWARE Goes to the Park at any local Indiana State Park! Visit your nearest State Park's Visitor Center to pick up a self-led activity guide and complete a short, fun activity. Once completed, participants can

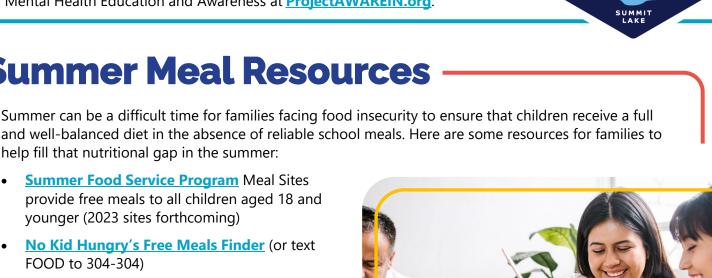
for this requirement must assess their wellness policy by June 30. IDOH, DNPA is offering wellness poli-

and well-balanced diet in the absence of reliable school meals. Here are some resources for families to help fill that nutritional gap in the summer: **Summer Food Service Program** Meal Sites

Want to know more about Project AWARE? Check out Project AWARE - Indiana

Mental Health Education and Awareness at **ProjectAWAREIN.org**.

Summer Meal Resources



Feeding Indiana's Hungry Find Your Food **Bank map**

provide free meals to all children aged 18 and

No Kid Hungry's Free Meals Finder (or text

Dial 211 or visit the Indiana 211 website to

-HUNGRY or 1-877-8-HAMBRE) to find meal

Download the **Community Compass** app to

Download on the

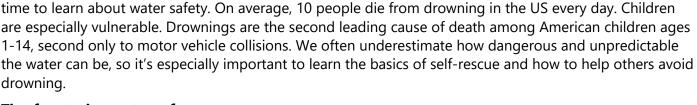
younger (2023 sites forthcoming)

get connected to various local resources from food pantries to housing assistance Call USDA's National Hunger Hotline (1-866-3

find free groceries, free meals, SNAP stores, WIC stores, and WIC clinics near you

App Store

resources near you



As the summer season approaches and more opportunities to enjoy the water become available, now is the

Google Play

Tips for staying water safe: Swim in designated areas supervised by lifeguards.

ensure they know how to call 911 for help.

Never leave a child or inexperienced swimmer unattended near water and have them wear U.S. Coast Guard-approved life jackets. Do not rely on the use of water wings, inflatable toys or other items

- The buddy system is helpful when swimming, but do not trust a child's life to another child. Children should always be supervised by adults in and around water. If you have a pool or hot tub, secure it with appropriate barriers to prevent unsupervised access to the water. Many children who drown in home pools or hot tubs did so when they weren't expected to be in the water and when they were in the care of one or both parents at the time.
- run from June 17 June 25 with special events happening at pools and aquatics centers throughout the state. The main goal of Water

programs that you and your family can participate in together. For more information, follow <u>The Riviera Club Foundation</u> on Instagram @therivieraclubfoundation or their Facebook page for upcoming water safety events in Indianapolis and tips to stay safe this summer!

that they need to be safe and have fun in the water. Check out your local aquatic center or pool for upcoming water safety events and

the Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA). Click here to subscribe or unsubscribe to our newsletter. Visit our webpage for other resources and archived newsletters. Emma Smythe, Youth Physical Activity Coordinator Jenna Sperry, Child Wellness Coordinator

To promote, protect, and improve the health and safety of all Hoosiers

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Indiana Department of Health





drowning.

- **Summer Swim Safety** Help your family and community water safe this summer
 - designed for water recreation to replace adult supervision.
- Participate in Water Safety Week this June! Water Safety Week is a summer water safety campaign hosted by aquatics communities across the US every year. In 2023, Indiana's Water Safety Week will Safety Week is to teach people the necessary skills and knowledge

Learn how to perform CPR on adults and children. You can also teach your children CPR basics and

If you would like more information on school health or have content to share, please contact

esmythe@health.in.gov jsperry@health.in.gov